BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

Please assume that participants in these activities are following currently recommended safety protocols when possible.

LOW RISK
- Opening the mail
- Getting restaurant takeout
- Pumping gasoline
- Playing tennis
- Going camping
- Grocery shopping
- Going for a walk, run, or bike ride with others
- Playing golf
- Staying at a hotel for two nights
- Sitting in a doctor’s waiting room
- Going to a library or museum
- Eating in a restaurant (outside)
- Walking in a busy downtown
- Spending an hour at a playground
- Having dinner at someone else’s house
- Attending a backyard barbecue
- Going to a beach
- Shopping at a mall
- Sending kids to school, camp, or day care
- Working a week in an office building
- Swimming in a public pool
- Visiting an elderly relative or friend in their home
- Going to a hair salon or barbershop
- Eating in a restaurant (inside)
- Attending a wedding or funeral
- Traveling by plane
- Playing basketball
- Playing football
- Hugging or shaking hands when greeting a friend
- Eating at a buffet
- Working out at a gym
- Going to an amusement park
- Going to a movie theater
- Attending a large music concert
- Going to a sports stadium
- Attending a religious service with 500+ worshipers
- Going to a bar

MODERATE RISK

MODERATE-HIGH

HIGH RISK